

WHAT'S YOUR TEMPERAMENT? - Adult

For each of the following categories, rate yourself on the scale from 1 to 10. When you are finished, plot your responses on the accompanying graph.

ACTIVITY LEVEL

Are you always on the go (high) or do you prefer to stop and smell the roses (low)? When you relax do you unwind with a workout at the gym (high) or plop in a comfortable chair (low)?

1	2	3	4	5	6	7	8	9	10
Low Activity								High Activity	

BIOLOGICAL RHYTHMS / REGULARITY

Do you like to stick to a schedule (regular) or do you take each moment as it comes (irregular)? Is your bedtime set and waking hour 'no alarm clock needed' (regular) or does bedtime change nightly and you need several alarm clocks to get out of bed (irregular)?

1	2	3	4	5	6	7	8	9	10
Regularity								Irregularity	

ADAPTABILITY

How well do you adjust to changes in your environment or transitions from one activity to another? Do you shift gears quickly (adapt quickly) or prefer to phase in slowly (slow to adapt)?

1	2	3	4	5	6	7	8	9	10
Adapt Quickly								Adapts Slowly	

INITIAL REACTION

How do you respond to new and unfamiliar situations and people? Are you eager for new experiences (approaches) or nervous about the unknown (withdraws)?

1	2	3	4	5	6	7	8	9	10
Approaches								Withdraws	

SENSITIVITY / SENSORY THRESHOLD

How tolerant are you of extremes in noise, temperature, tastes, etc.? Do you thrive on loud music (low sensitivity) or hate background music (high sensitivity)? Consider all of your senses as many of us have differences from one sense to another, but pay attention to a strong sensitivity in one area

1	2	3	4	5	6	7	8	9	10
Low Sensitivity							High Sensitivity		

INTENSITY OF REACTION

Extremes are the hallmark of this trait. Do you shout when others talk (intense reaction) or do you keep your feelings to yourself (mild reaction)?

1	2	3	4	5	6	7	8	9	10
Mild Reaction							Intense Reaction		

DISTRACTIBILITY

Are you a good listener, even when the television is on (low distractibility) or do you have a hard time paying attention (high distractibility)?

1	2	3	4	5	6	7	8	9	10
Low Distractibility							Highly Distractible		

QUALITY OF MOOD

Are you generally a happy camper (positive mood) or a sad sack (negative mood)?

1	2	3	4	5	6	7	8	9	10
Positive Mood							Negative Mood		

PERSISTENCE

Do you stick with something until it is finished (high persistence) or do you move on quickly when something is difficult (low persistence)?

1	2	3	4	5	6	7	8	9	10
Low Persistence							High Persistence		